

# Chronic Disease Connections



An e-bulletin created for healthcare systems working with patients to control their high blood pressure and/or manage their prediabetes, diabetes, and/or high cholesterol.

## Health Promotion is Newsworthy

**5-Minute Breathing “Workout” May Benefit Heart and Brain Health** - Preliminary research reveals that a technique called Inspiratory Muscle Strength Training can boost cognitive and physical performance, as well as cardiovascular health.

**After Heart Attack: Late Dinner and No Breakfast a Killer Combination** - People who skip breakfast and eat dinner near bedtime have worse outcomes after a heart attack. That's the finding of research published in the *European Journal of Preventive Cardiology*, a journal of the European Society of Cardiology (ESC).<sup>1</sup>

**Study Finds 45 Minutes of Patient Education Improves Chronic Disease Management** - The study, titled The Other 45, assigned 47 patients who were diagnosed with a chronic disease, like hypertension, COPD or diabetes, to visit with a second-year medical student for 45 minutes after seeing their physician. That one-on-one session measurably improved patients' attitudes and abilities in self-managing their care.

**For Better Population Health, Invest in Primary Care Providers** - A higher number of primary care providers (PCPs) in a given region is associated with significant gains in life expectancy for resident populations, **according to a new study** published in *JAMA Internal Medicine*.

**AMA, UnitedHealth Partner for Social Determinants ICD-10 Project** - The American Medical Association and United Healthcare **have announced** a new collaboration aimed at generating new ICD-10 codes to identify and address the social determinants of health. The two organizations will support the development of new codes that will offer more structured insight into the socioeconomic challenges that may contribute to poor outcomes for vulnerable populations.

## Plan Clinic Awareness Activities for Upcoming Health Observations

**High Blood Pressure Education Month**

**American Stroke Awareness Month**

**Mental Health Month**



**Men's Health Month and Men's Health Week, June 10-16**

**Alzheimer's & Brain Awareness Month**

**World Sickle Cell Day, June 19**



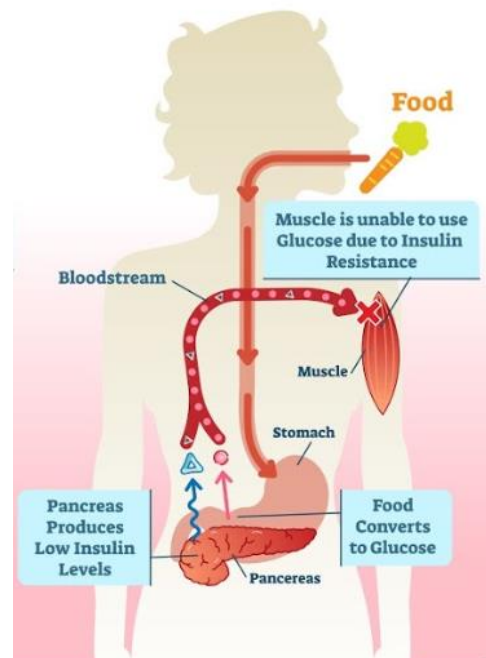
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## Prediabetes News

Over 84 million Americans now have prediabetes – that's 1 out of 3 adults! Of those 84 million, 9 out of 10 of them don't even know they have it. Without taking action, many people with prediabetes could develop type 2 diabetes within 5 years. With numbers like that, it's important to learn about prediabetes and take action. [Take the Prediabetes Test Here.](#)

## Diabetes News

The Earlier You Develop Type 2 Diabetes, the Greater Your Heart Risks - Young adults and women with type 2 diabetes are at increased risk of developing heart disease -- and dying from it, a new study says. The findings suggest "we need to be more aggressive in controlling risk factors in younger type 2 diabetes populations and especially in women," said lead author Dr. Naveed Sattar.



Type 2

## Tobacco News

Research produced by the Centre for Cognitive Ageing and Cognitive Epidemiology at the University of Edinburgh has **examined** the association between seven vascular risk factors and a linkage to less healthy brains (European Heart Journal). Smoking, high blood pulse pressures, obesity and diabetes are related to reduced blood flow and abnormal brain changes seen in Alzheimer's disease. These findings support the potential of making lifestyle changes to improve brain and cognitive ageing.

### Journal Reference:

1. Simon R Cox, Donald M Lyall, Stuart J Ritchie, Mark E Bastin, Mathew A Harris, Colin R Buchanan, Chloe Fawns-Ritchie, Miruna C Barbu, Laura de Nooij, Lianne M Reus, Clara Alloza, Xueyi Shen, Emma Neilson, Helen L Alderson, Stuart Hunter, David C Liewald, Heather C Whalley, Andrew M McIntosh, Stephen J Lawrie, Jill P Pell, Elliot M Tucker-Drob, Joanna M Wardlaw, Catharine R Gale, Ian J Deary. **Associations between vascular risk factors and brain MRI indices in UK Biobank.** *European Heart Journal*, 2019; DOI: [10.1093/eurheartj/ehz100](https://doi.org/10.1093/eurheartj/ehz100)

## Million Hearts® Initiative 2022

### Millions Hearts 2019 Annual Meeting

Please join us for the 2019 Million Hearts Annual Meeting! The meeting will be held on Wednesday, May 15, from 1:00 p.m.-4:00 p.m., at the Behring room of the Telligen Office (North Building). The Telligen Office is located at 1776 West Lakes Parkway in West Des Moines.

All are welcome at this community coalition to prevent a million heart attacks and strokes. If you have any questions regarding the meeting, please contact Denise Attard Sacco by email at [denise.attard-sacco@idph.iowa.gov](mailto:denise.attard-sacco@idph.iowa.gov), or by phone at 515-281-0917.

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## Upcoming Webinars

**Preconception and multigenerational health: Links between cardiovascular and reproductive health** - APHA and the Tulane Center of Excellence in Maternal and Child Health, Tulane Prevention Research Center – Thursday May 2, 2019 – 11.30 a.m. (CST). Register [here](#).

**Linking Medical Homes to Social Service Systems for Medicaid Populations**

Sponsored by the Systems for Action National Program Office. Wednesday, May 8, 2019, 12:00 p.m. (ET). Register [here](#).

**The Comprehensive Care, Community, and Culture Program. Research in Progress Webinar**

Sponsored by the Systems For Action National Coordinating Center. Wednesday, May 22, 2019, 12.00 p.m. (ET). Register [here](#).

**Integrating Cross-Sectoral Health and Social Services for the Homeless**

Sponsored by the Systems For Action National Coordinating Center. Wednesday, June 26, 2019, 12 p.m. (ET). Register [here](#).

## Upcoming Conferences

**2019 American Indian and Alaska Native National Behavioral Health Conference**

Albuquerque, NM - May 15-17.

**AICR's 2019 Research Conference – Diet, Obesity, Physical Activity and Cancer: Beyond the Blueprint** - Chapel Hill, NC - May 15–17.

**Prevention 2019 - Annual Conference of the American College of Preventive Medicine** - Pittsburgh, PA - May 20-23, 2019.

**American Society of Clinical Oncology Annual Meeting (ASCO 2019)** – 55<sup>th</sup> Annual Meeting. Chicago, Illinois – May 31-June 4.

**American Diabetes Association (ADA)** – 79<sup>th</sup> Scientific Sessions. San Francisco, California – June 7- 11.

**Heart Failure Up North: Practical Approaches to the Management of Congestive Heart Failure** – Brainerd, Minnesota – June 29-30.

**Obesity and Chronic Diseases** – International Conference. Abu Dhabi, UAE – July 18-19.

**AADE19** – Carve Out Your Space in the Diabetes Prevention Arena. Houston, Texas – August 9-12.

**American College of Gastroenterology (ACG) 2019** – Annual Scientific Meeting and Postgraduate Course.

**American Heart Association (AHA) Scientific Session 2019** – Philadelphia, Pennsylvania – November 16-18.

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## Resources

**A Practitioner's Guide for Advancing Health Equity: Community Strategies for Preventing Chronic Disease** – provides lessons learned and innovative ideas on how to maximize the effects of policy, systems and environmental improvement strategies—all with the goal of reducing health disparities and advancing health equity.

**Chronic Disease Self-Management Programs (CDSMP)** – Helping Seniors Manage Their Chronic Conditions. Every day, millions of people with chronic diseases struggle to manage their symptoms. About 80% of older adults have at least one chronic disease, and 68% have at least two. Chronic diseases place a significant burden on individuals as well as health care systems. Find a workshop to refer your patients to [here](#).

**Prediabetes Risk Test** – Could you have prediabetes? Take the Prediabetes Risk Test, or [access the paper risk test](#).

**National Diabetes Prevention Program Coverage Toolkit** – This online toolkit was developed to provide information about the mechanics of covering the National Diabetes Prevention Program (National DPP) lifestyle change program, which is a year-long, evidence-based intervention program developed by the Centers for Disease Control and Prevention (CDC). People with prediabetes who take part in this structured lifestyle change program can reduce their risk of developing type 2 diabetes by up to 58% (71% for people over 60 years old).

**Hypertension Control Change Package for Clinicians** – Improve your hypertension control process with this easy-to-follow guide.

**Protocol for Identifying and Treating Patients Who Use Tobacco** – No level of smoking or tobacco use is safe. Tobacco addiction is a chronic condition, often requiring multiple quit attempts for a tobacco user to become tobacco free. There are effective, evidence-based, brief clinical interventions available to help patients who smoke. Tobacco cessation protocols can be integrated into the tobacco use identification and intervention clinical workflow.

**Rx for the National Diabetes Prevention Program** – A Guide for Community Pharmacists. Access the “Rx for the National Diabetes Prevention Program: Action Guide for Community Pharmacists,” which is designed to help community pharmacists and members of the pharmacy workforce reach people at high risk of developing type 2 diabetes who could benefit from the National DPP lifestyle change program.

## Funding Opportunities

### **Increasing Uptake of Evidence-Based Screening in Diverse Adult Populations (R01 Clinical Trial Optional)**

This FOA invites applications that seek to understand strategies to reduce disparities in the uptake of evidence-based screening (e.g., screening recommendations proven to be effective based on rigorous systematic review of scientific evidence by authoritative committees) across the adult lifespan. In this program announcement, screening is defined as a preventive service focused on detection of an undiagnosed disease in asymptomatic populations. Research supported by this initiative should enhance the screening process related to use: (1) in diverse populations, (2) in diverse clinical and community settings, and/or (3) with traditional, non-traditional and/or allied health care providers. (PA-18-932)

